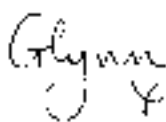




Carrie Underwood

Approved by:



Before They Cheat

2 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 & 4 & 5 - 6 7 & 8	Coaster Cross, Rock & Cross, Ball Cross, Unwind 3/4, Kick Out Out Step right back. Step left beside right. Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Step right to right side. Cross left over right. Unwind 3/4 right. Kick right forward. Step right to right side. Step left to left side.	Coaster Cross Rock & Cross Side Cross Unwind Kick Out Out	Left Right Turning right On the spot
Section 2 1 & 2 3 & 4 5 & 6 7 & 8	Sugarfoot Step x 2, Back Lock Step, Coaster Step Touch right toe to left instep. Touch right heel to left instep. Stomp right forward. Touch left toe to right instep. Touch left heel to right instep. Stomp left forward. Step right back. Lock left across right. Step right back. Step left back. Step right beside left. Step left forward.	Toe Heel Stomp Toe Heel Stomp Back Lock Back Coaster Step	On the spot Forward On the spot Forward Back On the spot
Section 3 1 & 2 3 & 4 5 & 6 7 & 8	Hip Bumps Completing Full Turn Left Turning 1/4 left step right to right side bumping hips right. Bump hips left. Bump hips right. Turning 1/4 left step left to left side bumping hips left. Bump hips right. Bump hips left. Turning 1/4 left step right to right side bumping hips right. Bump hips left. Bump hips right. Turn 1/4 left step left to left side bumping hips left. Bump hips right. Bumps hips left.	Turn Hip Bumps Turn Hip Bumps Turn Hip Bumps Turn Hip Bumps	Turning left On the spot Turning left On the spot Turning left On the spot Turning left On the spot
Section 4 1 & 2 3 & 4 5 & 6 7 & 8	Cross Rock, Side, Rock, 1/2 Right, Rock 1/2 Left, 1/4 Left, Cross, Side Cross rock right over left. Recover onto left. Step right large step right. Rock left back. Recover onto right. Turn 1/2 right stepping left back. Rock right back. Recover onto left. Turn 1/2 left stepping right back. Turn 1/4 left stepping left to side. Cross right over left. Step left to side.	Cross Rock Side Back Rock Turn Back Rock Turn Turn Cross Side	Right Turning right Turning left
Tag 1 - 2 3 - 4	Danced once at the end of Wall 2 (facing 12:00) Cross right over left. Unwind full turn left (weight ending on right). Step left large step left. Drag right up to left (no weight).	Cross Unwind Side Drag	Turning left Left

Choreographed by: Stephen Rutter & Glynn Holt (UK) December 2006

Choreographed to: 'Before He Cheats' by Carrie Underwood (73 bpm) from CD Some Hearts (16 count intro)